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What this means for Manitoba: metroNEWS

St. Regis hotel sold

CENTREVENTURE

$4 million deal is done

Shane Gibson
Metro | Winnipeg

The city's arm's-length development agency has sold the St. Regis Hotel and an adjacent parking lot to the Toronto-based development company behind a plan to build Winnipeg's tallest skyscraper next door.

CentreVenture announced Wednesday it is selling the St. Regis Hotel and a neighbouring parking on Smith Street lot for $4 million. The new owner, Fortress Real Developments Inc., intends to build a 625-stall parking structure and a commercial/retail complex on the site.

CentreVenture bought the property in 2013 and shuttered the hotel's vendor, VLTs, and bar in an effort to cut down on drunkenness in the area.

CentreVenture has also sold a third parking lot facing Garry Street — a lot it acquired in the original St. Regis deal — to the company that owns The Pint for $650,000.

While CentreVenture CEO Angela Mathieson wouldn't tell Metro how much they paid for the hotel property back in 2013, she said the final cost of the acquisition comes in at $7.7 million.

With the money from the sales and a $2.8 million grant from the province to recoup the costs of closing the hotel's profitable bar and vendor, CentreVenture lost $250,000 in the St. Regis Hotel deal, money Mathieson calls a "community investment."

"We're not a private investment company," she said. "We enter into these transactions to improve the downtown community."

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metro NEWS

Your essential daily news

Lawyer says confinement of lab chimps akin to slavery. **World**

City inching closer to $50M YMCA deal

FUNDING

Mayor says there hasn't been a final commitment

Dave Baxter
Metro | Winnipeg

Mayor Brian Bowman says the city still has to vote on the YMCA MOU. DAVE BAXTER/METRO

Winnipeg city council took the next step Wednesday that could see $50 million earmarked for three recreation facilities built by the YM-YWCA.

The local YMCA wants the city to hand over $50 million during the next decade toward a total cost of $150 million for three 75,000-square-foot recreation facilities in Winnipeg.

Council asked the administration to put together a memorandum of understanding (MOU) for the deal, although Mayor Brian Bowman stressed the city has not made a firm financial commitment.

"This was a decision by previous council to have our public service enter a memorandum of understanding," said Bowman. "All we voted on today is to provide a timeline to try to get that finished."

The MOU is to be done in 180 days. However, the time frame that didn't sit well with Coun. Jenny Gerbasi, who said it's not enough time to understand the specifics of the plan.

"That is not long enough, and the devil is in the details," said Gerbasi.

The YM-YMCA plans to fundraise $50 million, and said they currently have no commitment for any cash from the province or the federal government for the remaining $50 million. The city's MOU will include the stipulation that $50 million in support come from the provincial or federal government.

The city made the initial deal in 2014, but when no money was ponied up by the province, funding set aside for the project was reallocated.

POLITICS

Council will keep saying its prayers

Winnipeg's city council has decided to keep on praying.

On Tuesday, Speaker Devi Sharma said the city will keep praying before council meetings, now that a review of the practice has been done.

The review happened after a Supreme Court ruling said praying at municipal council meetings in Saquenay, Que., was a violation of people's freedoms.

"One of the things that is very different here compared to the decision by the Supreme Court of Canada is the inclusive nature of our opening statement and our prayer," said Mayor Brian Bowman.

"I'm comfortable allowing councillors the freedom to express themselves however they choose."

At Wednesday's meeting, Coun. Brian Mayes said that council will use prayer to promote diversity, and spoke a prayer from the Qur'an before the meeting.

"This week I've been talking to the Manitoba Islamic Association because the oldest mosque in the city of Winnipeg is in the St. Vital ward," said Mayes.

"So we'll be celebrating that, and I asked the folks at the Manitoba Islamic Association to send me a quote from the Qur'an today to help celebrate our diversity." DAVE BAXTER/METRO

IN BRIEF

Council to let outside lawyers talk to RCMP

City council will let outside lawyers talk to the RCMP as the criminal probe into the building of the city's new police headquarters continues.

On Wednesday, council approved a motion waiving solicitor-client privilege between outside legal council involved in the police headquarters and other real estate deals. "What you are seeing here is unprecedented openness and transparency at city hall," said Mayor Brian Bowman.

RCMP launched a full criminal investigation into the building of the city's new police headquarters in December. DAVE BAXTER/METRO

Police release sketch of Polo Park suspect

Police released a sketch Wednesday of a suspect they're looking for after a 15-year-old girl was flashed near Polo Park Shopping Centre on May 19.

The suspect is described as East Indian, in his 20s, with a dark complexion, a medium build, short black hair and a short beard around his jawline.

He was wearing a short-sleeved, black striped shirt. METRO

A police sketch of the suspect. COURTESY WPS

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Musician has the White stuff

BACKSTAGE PASS

Lindsey White releases her first album since 2007

Jared Story
Metro | Winnipeg

Winnipeg musician Lindsey White is set to release Renegade, her first album in eight years. CONTRIBUTED/JOEY SENFT

Like her father, Lindsey White is a fighter.

The Winnipeg musician is set to release Renegade, her first album since 2007's This is Now. White says the new record is the product of a transitional period in her life, part of which was losing her dad. In 2009, James White died at age 57 after a long battle with cancer.

Renegade's title track originally appeared on White's 2005 EP What's New. White dedicated the song to her dad during her performance at the 2009 Jazz Winnipeg Festival, a week before he died.

"I just thought Renegade really symbolized what this whole project is about. It's about resilience and coming through something like this and finding out what you're made of on the other side," White said.

Renegade, which White describes as "groovy folk rock," is accompanied by a book of poetry, prose and other writings. Joining White on the album are bassist Alasdair Dunlop, guitarist Joe Curtis and drummer Mitch Dorge, the latter of Crash Test Dummies fame.

White said her band was supportive and patient throughout the Renegade writing and recording process.

"I'm fortunate that I had all three of these fabulous musicians who are more interested in what serves the song best than in showcasing an individual instrument or idea," White says. "They were collectively committed not only to the growth and development of the art itself but also of me as an artist. They gave me the time, the space and the energy to keep this project going."

Like her band, White helps others find their inspiration, co-ordinating and facilitating music programs for youth, including inner-city and newcomer students. In March, White was named one of CBC Manitoba's Future 40 finalists for her commitment to youth and music.

"I feel like I have an ability to connect with young people in a way that's very similar to what my band has been doing for me, which is hold space for their creativity, encourage them to find their voice and help them express themselves."

RENEGADE

Lindsey White releases Renegade on Thursday at the West End Cultural Centre. Opening the show are Cat Jahnke and Michaela Loewan. Tickets are $15 at the WECC, Music Trader, McNally Robinson Booksellers, Winnipeg Folk Festival Music Store and Manitoba Conservatory of Music & Arts, or $20 at the door. Showtime is 8 p.m.

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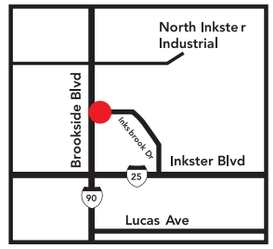

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CONCERTS

Los Angeles' Milo Greene to play the Pyramid Cabaret

Los Angeles synth-pop quartet Milo Greene might just be the most democratic band in the world.

Whether live on stage or in the recording studio, Robbie Arnett, Marlana Sheetz, Andrew Heringer and Graham Fink all write, swap instruments in between songs and share the lead vocalist role.

Having four singers was the basis of Milo Greene, said Fink. "Every song is different and we use our voices as the primary instruments, blending them together or letting them stand alone, so you get a feel for each of us as individuals," he said.

Their 2015 North American tour stops at the Pyramid Cabaret on Saturday.

Extensive touring in the past few years influenced the band's sound on their sophomore LP Control.

"Being on the road is amazing but it certainly has run us ragged," said Fink. "Our new album definitely came partly from always being on tour and wanting to move around more at shows, so we used more dance grooves."

Many of the songs on Control allude to dark subject matter. Fink said they are about breaking up, for the most part.

"Touring makes relationships almost impossible to sustain and many of us went through dark patches. (The song) When It's Done is a kind of preparation for the end. Bracing yourself to let go of someone, despite the grasp they have on you," he said.

Tickets are $20 at Ticketfly.com and Music Trader.

NIGEL MOORE/FOR METRO

From left, Graham Fink, Marlana Sheetz, Robbie Arnett and Andrew Heringer of L.A. indie band Milo Greene will play Saturday night at the Pyramid Cabaret. CONTRIBUTED/SHAWN HARRIS

"Touring makes relationships almost impossible to sustain and many of us went through dark patches."
Graham Fink

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Cancer is on the rise

REPORT

Cases to go up by 40% over 15 years

Shane Gibson
Metro | Winnipeg

A new report from the Canadian Cancer Society predicts a 40 per cent spike in new cancer cases across the country over the next 15 years, and while the rates are expected to rise the slowest in Manitoba, we're not immune to the statistics.

The annual report, written in collaboration with Statistics Canada and the Public Health Agency of Canada, estimates 277,000 Canadians will be diagnosed with cancer across Canada by 2030, up from 196,900 this year. In Manitoba that rate is predicted to rise to 8,255 by 2032, up from the 6,800 diagnosis expected this year.

Erin Crawford from the Canadian Cancer Society of Manitoba said the numbers can be attributed to the aging Baby Boomer population, and to a lesser extent, the growing population rate.

Manitoba's slower population growth is one reason why rates aren't as dramatic here, she said.

As well as helping researchers, governments and the health care industry be ready, University of Manitoba cancer researcher Dr. Salah Mahmud hopes the report will help Canadians make lifestyle changes to prevent the disease.

"As a society we need to do more on the prevention side," he said.

"It's critical that we know what is coming so we can prepare."

2,800

The number of Manitobans expected to die of cancer this year, up from 2,700 last year.

The five-year survival rate for all cancers combined.

63%

25%

Number of Canadians expected to die of cancer based on current mortality rates.

The number of Manitobans expected to die from cancer every day this year.

8

6,700

The estimated number of people in Manitoba who will be diagnosed with cancer this year, up 200 from last year

Most common in Manitoba (51% of all cancers):

Breast

860 new cases are expected this year

Lung

890 new cases are expected

Colon

970 new cases are expected

Prostate

740 new cases are expected

SOURCE: THE CANADIAN CANCER SOCIETY

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A crumpled motorcycle at the scene of a fatal crash on Waverley Street. SHAUN MCLEOD/FOR METRO

WAVERLEY STREET COLLISION

Speed likely in fatal crash: Police

Elisha Dacey
Metro | Winnipeg

A 19-year-old Winnipeg man has died after a motorcycle collided with an SUV late Tuesday night.

Winnipeg police said the man driving the motorcycle collided with a small SUV at about 10 p.m. on Waverley Street near Lee Boulevard. He was taken to hospital in critical condition, where he later died. The man's name will not be released, said police.

Const. Jason Michalyshen said it appeared the motorcycle was "traveling at a high rate of speed."

Brenan had clots in leg, says doctor

DISCHARGE DEATH CASE

Woman sent home without symptoms, inquest hears

An emergency room doctor testified Wednesday that he was startled when a woman he sent home was rushed back to the hospital within hours and died.

Dr. Paul Dowhanik told an inquest he had no reason to suspect Heather Brenan had a blood clot, which an autopsy later showed killed her. Brenan showed no tell-tale signs such as swollen or red limbs.

"Her presentation was not of those symptoms," he said.

The inquest is examining the treatment Brenan received at Winnipeg's Seven Oaks Hospital at the end of a three-day stay in January 2012. Brenan was 68 and had health problems that included hypertension, diabetes and poor kidney function. She was described as morbidly obese with a body mass index of 49. A normal index is between 19 and 25.

Brenan was sent home by taxi, collapsed on her doorstep and was rushed back to hospital.

Dowhanik said he decided to discharge Brenan because tests showed her kidney function was improving and there were no signs of trouble with her heart or white blood cell count.

"Overall, these lab results were reassuring."

Brenan had originally come to the hospital because she had been unable to swallow and had lost 40 pounds.

Tests showed no physical blockage of her throat or chest cavity, Dowhanik said, and Brenan had begun to feel better.

He added that she was able to get out of her hospital bed, move around on her own and no longer required oxygen to do so.

> **"I was pretty startled that it was the patient that I had just discharged."**
> Dr. Paul Dowhanik

The hospital had arranged for a friend to meet her at her door because she did not have her house keys. She collapsed, an ambulance arrived in about four minutes and she was rushed back to Seven Oaks.

"I was pretty startled that it was the patient that I had just discharged," Dowhanik recalled.

Brenan was one of three Winnipeg residents who died, within months of each other, after being sent home from hospital by taxi.

THE CANADIAN PRESS

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PETS ACUPUNCTURE MAY HELP PAIN Gino Furano keeps his black lab Chilko company while the dog receives acupuncture treatment in Calgary. Furano has been bringing Chilko to the Calgary Holistic Veterinary Clinic for acupuncture for three years The cost is $220 for the initial consultation and treatment. Followups run between $73 and $100. The efficacy of animal acupuncture has been questioned in North America, but recent articles suggest there is evidence it is useful in pain management in cats and dogs. BILL GRAVELAND/THE CANADIAN PRESS

Deaf fear loss of captioned debates

POLITICS

Federal parties quarrel over format of leaders' debate

Deaf and hard-of-hearing Canadians fear their needs as voting citizens might be lost in the shuffle in the coming election campaign as the federal parties squabble over the formats and hosts of the leaders' debates.

The proposal by the major TV networks, put to the federal parties, includes closed captioning in both French and English — as has been the case in previous debates.

However, the Conservative Party of Canada has rejected the proposal from the so-called broadcast consortium, which includes CBC/Radio-Canada, Global News and CTV.

As a result, the televised debates are in limbo; it's not clear whether the opposition parties would bother with a faceoff that doesn't include the prime minister.

The Conservatives have emphasized their desire for different formats, citing the fact many Canadians no longer watch traditional TV. But broadcasters are required by regulation to include closed captioning with their programming, even during commercials.

Will new debate proposals from Maclean's Magazine, The Globe and Mail/Google Canada, the Munk Debates and others include services for the hearing impaired?

Rudyard Griffiths, organizer of the Munk Debates, said the organization is looking into closed captioning and sign language, as well as simultaneous French and English translation.

James Roots, executive director of the Canadian Association of the Deaf, said up to ten million Canadians with varying degrees of hearing benefit from closed captioning.

"We certainly are deeply concerned and distressed by the entire squabble over the proposed federal election debates," Roots said in an email."Without taking sides in the dispute, we emphasize that all Canadians — not just deaf ones — have a legal and moral right to equal access to the debates, and that this access has traditionally been provided by means of captioning."

> **We ... are deeply concerned and distressed by the entire squabble.**
> James Roots

Regardless of whether they have hearing difficulties, many new Canadians rely on closed captioning, said Susan Masters of the Western Institute for the Deaf and Hard of Hearing.

New technology has not always been a good thing for people with hearing loss, she added. THE CANADIAN PRESS

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POMP DUTCH ROYAL VISIT. King Willem-Alexander and Queen Maxima of the Netherlands arrive at Rideau Hall in Ottawa on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Purchasing pledge made

DEFENCE

Military to get equipment much faster, minister says

Defence Minister Jason Kenney pledged Tuesday that a new independent panel would reform the military's dysfunctional procurement system.

Kenney said the announcement of the panel's members will be made soon and he said it will mark a major shift in how the Canadian Forces purchases equipment.

"We want sign-off essentially from all the key stakeholders in principle on a project at the front end and an independent panel to affirm that," the minister said in a keynote luncheon speech to about 900 delegates at an international defence industry trade show.

"Once the panel is fully operational, it will make a paradigm shift in the way we conduct defence procurement by enabling greater scrutiny and oversight of project requirements earlier in the procurement process."

Kenney said the panel — that will include a representative from industry — will try to head off the problems that inevitably surface by doing a mandatory, up-front assessment that challenges the requirement of a major project.

The military procurement system has been beset with delays, cancellations and unexpected cost overruns.

Political controversy has surrounded the long-running procurement sagas involving the F-35 stealth fighter jet and fixed-wing, search-and-rescue planes, among others.

It was controversy over those two major projects that led the government to introduce more reporting requirements.

Liberal defence critic Joyce Murray said the Harper government has made many promises to buy new military equipment, but failed to deliver.

Kenney said a third-party review panel will issue a report at the beginning of the procurement process for all projects valued at more than $100 million to avoid problems after the process is underway.

The panel should help bring "clarity and certainty to the procurement process by challenging the mandatory requirements for projects," he said.

In January, a joint study by the Conference of Defence Associations Institute and the MacDonald-Laurier Institute blamed staffing cuts by both the Conservative government and its Liberal predecessors in the acquisitions branch at National Defence.

THE CANADIAN PRESS

Our troops... are paying the price for the Conservatives' incompetence.
Joyce Murray

POLITICS

Party leaders clash over MPs' spending

Tom Mulcair, Justin Trudeau and Stephen Harper are duking it out over the allegedly improper use of parliamentary resources for partisan purposes by New Democrat MPs.

The NDP leader insisted Wednesday there's "not a scintilla" of evidence that New Democrats did anything wrong when they used their House of Commons budgets to pay workers in satellite party offices.

"It's just our Liberal and Conservative adversaries using their majority to try to frustrate the party that's coming up in the polls and doing well compared to the two old-line parties," Mulcair said.

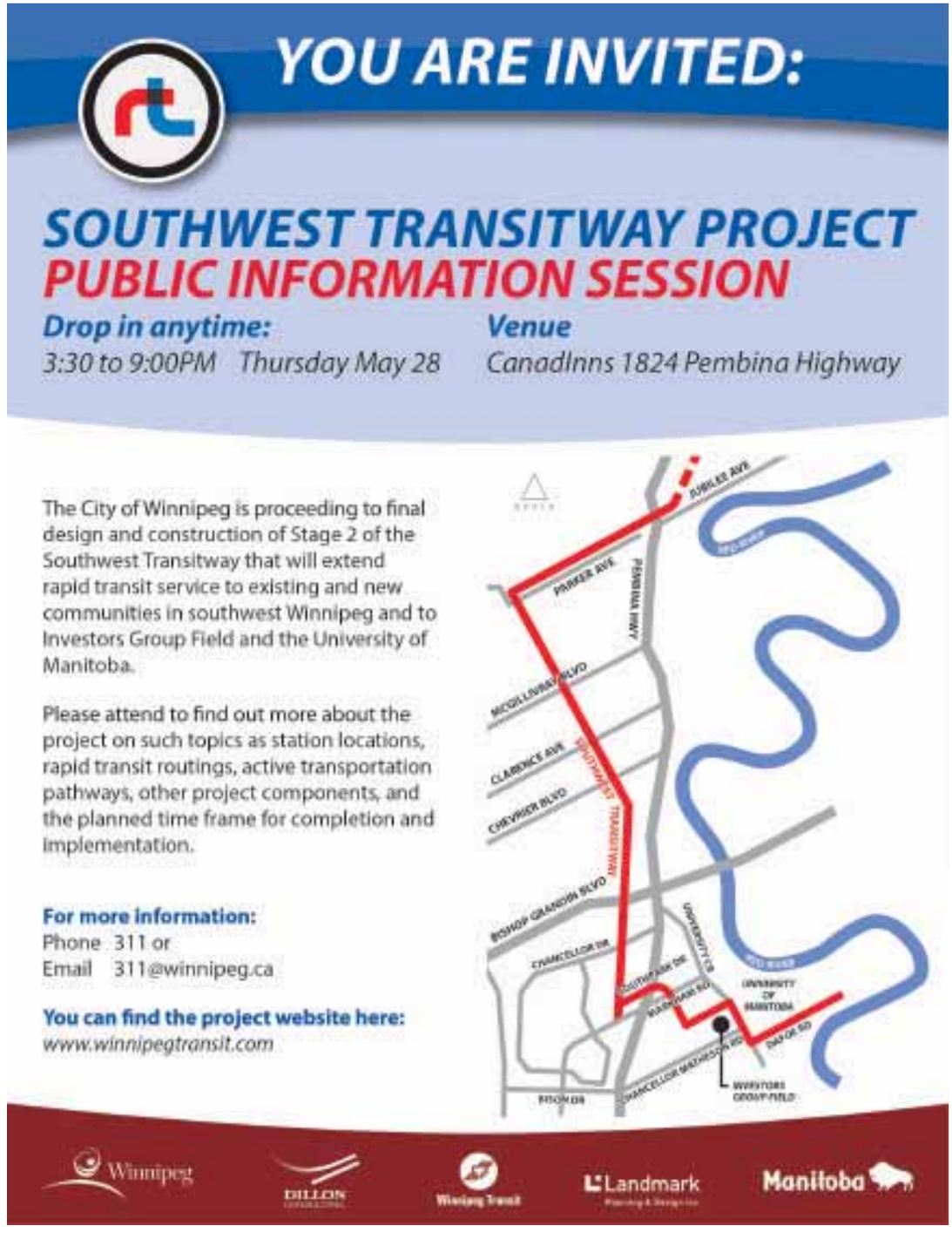
However, Trudeau said the issue has been boiling for "an awfully long time" — well before the NDP's recent rise in the polls. And the Liberal leader noted it was Commons administrators who determined that New Democrat MPs broke the rules, calling it "a very serious independent finding."

"What people expect from their leaders is that when you make a mistake, you own up to (it), you apologize for it and you make it right. You fix it," Trudeau said.

Later in the Commons, the Prime Minister asserted that Canadians wonder why Mulcair "continues to justify" improperly using $3 million in parliamentary funds and why he's "not being willing to pay it back and not being willing to apologize or reverse course."

The multi-party board of internal economy which polices Commons spending has ordered 68 current and former NDP MPs to repay $2.75 million for the satellite office scheme, and has also ordered them to repay another $1.2 million for using free parliamentary mailing privileges to send partisan missives.

THE CANADIAN PRESS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Political 'uncertainty' in Alberta curbs energy giant

OIL INDUSTRY

No decisions without NDP's plans for taxes, royalties: CNRL

One of Canada's biggest oil and gas producers said Wednesday it can't make future spending decisions until it gets a better handle on the new Alberta government's plans for royalties, taxes and environmental regulation.

But NDP Premier Rachel Notley said, if anything, the province's lack of progress thus far on combatting climate change has been the bigger cause of uncertainty for the industry.

Energy giant Canadian Natural Resources Ltd. was to have held an open house for institutional investors on June 17 featuring detailed presentations by executives, but that's been deferred. A conference call will be held that day instead.

"Due to the current uncertainty surrounding the Government of Alberta's review of royalty, taxation, environmental and greenhouse gas policies, detailed future capital allocation plans for each of the company's assets cannot be finalized at this time," Canadian Natural Resources said in a release.

Notley said after the NDP's inaugural cabinet meeting in Calgary that when it comes to climate change rules, "frankly, failing to deal with those issues creates as much uncertainty as dealing with them.

"In order to deal with these issues, we're going to take a thoughtful, considered, intelligent approach to moving forward and we are going to do it with a great deal of consultation and a great deal of dialogue and they're not going to be surprised by anything," she said.

"But to suggest that we never change anything ever, ever, ever going forward I don't think is particularly responsible, given the pressures that are being faced by the industry as a result of the worldwide conversation around climate change."

Notley said she spoke "at some length" on the phone to Canadian Natural Resources chairman Murray Edwards, a prominent oilpatch financier. The CEOs of Encana Corp. and Suncor Energy Inc. said they also had calls with Notley after the May 5 election.

Rachel Notley is applauded after being sworn in as Alberta's 17th premier in Edmonton on Sunday. THE CANADIAN PRESS

> **To suggest that we never change anything ever, ever, ever going forward I don't think is particularly responsible.**
> Alberta Premier Rachel Notley

Earlier Wednesday, new Alberta Energy Minister Marg McCuaig-Boyd said she's in "listening and learning mode" as the government prepares to review oil and gas royalties.

The royalty review is a priority, she said on her way into the cabinet meeting.

"As the premier's promised, it's going to be an open and transparent process," she said, adding the industry will have "a lot of input."

The hope is to assemble the royalty panel within six months, but there are logistics to consider heading into summer, she said.

Some in the oilpatch were surprised by Notley's pick for the energy portfolio, expecting someone more high-profile or with oil and gas experience.

McCuaig-Boyd's career background is mostly in education, as a teacher and administrator. More recently she's been consulting with small- and medium-sized businesses.

She represents a riding in northwestern Alberta where there's a great deal of oil and gas activity and she's lived in the area for about 35 years.

McCuaig-Boyd said she wants the energy sector to know she's coming into her new job with no pre-conceived notions.

"I'm pretty open-minded. I'm very collaborative. That's I think one of the reasons I was picked, is I am a collaborative type of person and pragmatic."

THE CANADIAN PRESS

NORTHERN ALBERTA

Returning home after wildfires

Emergency officials have lifted all evacuation orders for communities threatened by wildfires in northern Alberta.

About 5,000 people who were told to leave their homes earlier this week are in the process of returning to their homes.

Scott Long with the province's Emergency Management Agency says fires near Wabasca and Slave Lake are being held.

He says residents have been advised that fire conditions could change and they may have to leave again.

The fire outlook throughout the province has been rated severe through the end of the week due to hot and dry weather.

A provincewide fire ban is still in effect, along with air quality advisories for Edmonton and areas north of the city.

As of Wednesday, there were 63 fires burning in Alberta and 13 were considered to be out of control. A blaze near Cold Lake remained out of control, threatening the only access road into some oilsands sites.

THE CANADIAN PRESS

BLAZE

More than 600 firefighters were working directly on the wildfires and the government was considering putting a call out for reinforcements. About 100 firefighters from Ontario and water bombers from Quebec have gone to help.

Agriculture and Forestry Minister Oneil Carlier said he hopes people will abide by a provincewide fire ban.

THE CANADIAN PRESS

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Of all the beverage containers that weren't recycled, how many were yours?

Wilber Albarenga, left, and Alfredo Chavez pump water from the United Orthodox Synagogues of Houston, Wednesday.
GARY CORONADO/THE ASSOCIATED PRESS

More rain threatens cleanup

NATURAL DISASTER

Texas flooding some of the worst Houston has ever seen

Homeowners dragged soggy carpet to the curb and mopped up coffee-coloured muck Wednesday after a barrage of storms and floods in Texas and Oklahoma left at least 19 people dead and a dozen others missing.

More rain fell on the hard-hit Houston area, threatening to complicate the cleanup a day after a downpour of nearly a foot triggered some of the worst flooding the nation's fourth-largest city has ever seen. Hundreds of homes were damaged.

Heavy weather continued in other parts of Texas, with hundreds of people west of Fort Worth told to evacuate along the rising Brazos River and flash flood warnings posted in many areas.

Gadi Shaulsky spent the day cutting wet carpet and padding from his home in Houston's Meyerland section and taking it to the curb. His neighbours were doing the same. A water mark showed that up to 6 inches of water had seeped into the home.

"That was just really frightening. It was just flowing in," said Shaulsky's wife, Jodi. With tears in her eyes, she added: "It's hard to wrap your head around all that needs to be done."

> **That was really frightening. It was just flowing in.**
> Jodi Shaulsky

Houston Mayor Annise Parker said two people whose boat capsized during a rescue were missing. Another person was missing in suburban Houston. And in central Texas, crews resumed the search for nine people feared dead after the swollen Blanco River smashed through Wimberley, a small tourist town between San Antonio and Austin, over the Memorial Day weekend.

Matt Meeks and his wife, Natalie, worked to clean up the resort on the banks of the Blanco that has been in his family for five generations, since the 1920s.

Of the 14 rock cabins at Rio Bonito Resort, probably only five will be salvageable, they said. Two were destroyed and seven appeared structurally unsound.

Meeks' parents own the resort, but he took charge of removing the debris and salvaging the furniture because "they're too emotionally tied to the place to decide what gets junked and what stays."

This has been the wettest month on record for Texas, and there are still several days left. The state climatologist's office said Wednesday that Texas has gotten an average of 7.54 inches of rain in May, breaking the old record of 6.66 inches, set in June 2004. THE ASSOCIATED PRESS

GERMANY

Tots born to mom, 65, are in intensive care

Doctors say the week-old quadruplets born prematurely to 65-year-old Annegret Raunigk in Berlin are still in intensive care, but have been gaining a little weight and are being given their mother's milk through feeding tubes.

The babies were born during the 26th week of pregnancy at Berlin's Charite Hospital on May 19.

Neeta and her three brothers — Dries, Bence and Fjonn — weighed between 655 grams and 960 grams each at birth. Their exact weight today is not known because they are too fragile to be put on a scale.

Neeta is the smallest but is fitter than her three brothers, said Christoph Buehrer, Charite's director of neonatology. She underwent successful surgery this week to close two small holes in her intestines.

All four babies will remain in intensive care for several weeks and are supported by machines helping them breathe. "Breathing is their most critical vital function," said Buehrer, adding that it's not clear yet whether the children will have any long-term health issues because of the premature delivery.

Raunigk is believed to be the oldest mother to have ever delivered quadruplets, said Charite's director of obstetrics, Wolfgang Henrich.

She came to the hospital with premature contractions and high blood pressure and gave birth by caesarean section. She is now pumping breast milk for her babies, and doctors say she didn't get any artificial hormones to start the lactation.

The school teacher already has 13 children, aged 9 to 44, from five other fathers. Because egg donation is illegal in Germany, she travelled to Ukraine to have donated, fertilized eggs transferred. THE ASSOCIATED PRESS

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INDONESIA PROTESTERS DEMAND END TO VIOLENCE AGAINST ROHINGYAS IN MYANMAR
Indonesian Muslim protesters burn a mannequin representing Myanmar's radical Buddhist monk Ashin Wirathu during a protest Wednesday demanding an end to the violence against ethnic Rohingyas in Rakhine State, outside the Embassy of Myanmar in Jakarta, Indonesia. In the last three years, hundreds of minority Rohingya Muslims have been killed and hundreds of thousands of others are now living under apartheid-like conditions in crowded camps or forced to flee their homes to avoid persecution in Buddhist-majority Myanmar.
ACHMAD IBRAHIM/THE ASSOCIATED PRESS

FIFA execs facing corruption probe

SOCCER

Decision to award World Cups to Russia, Qatar queried

The U.S. government launched a corruption attack on soccer's global governing body Wednesday, pulling FIFA executives out of a luxury Zurich hotel to face racketeering charges and raiding regional offices in Miami.

Swiss officials also invaded FIFA headquarters, seizing records and computers to investigate whether the decisions to award World Cups to Russia and Qatar were rigged.

Scandals and rumours of deeper corruption have dogged FIFA throughout the 17-year reign of its president, Sepp Blatter, but he was not named in either investigation. He is scheduled to stand Friday for re-election to a fifth term, and the organization said the vote would go ahead as planned, despite the latest turmoil.

FIFA also ruled out a revote of the World Cup bids won by Russia in 2018 and Qatar in 2022.

"We welcome the actions and the investigations by the U.S. and Swiss authorities and believe that it will help to reinforce measures that FIFA has already taken to root out any wrongdoing in football," Blatter said in a statement.

The organization said it was co-operating fully with the investigation.

Authorities conducted early morning raids in Zurich at FIFA headquarters and the five-star Baur au Lac Hotel downtown in the investigations. In Miami, evidence was seized at the headquarters of CONCACAF, the governing body of North and Central America and the Caribbean, whose past and current presidents were among 14 defendants under indictment for corruption.

Swiss police arrested seven soccer officials at the request of American prosecutors and threatened them with extradition to the U.S. Four other soccer and marketing officials agreed to plead guilty.

American prosecutors said they will seek forfeiture of more than $151 million the government alleges was illegally obtained. THE ASSOCIATED PRESS

> **"Two generations of soccer officials ... used their positions ... to solicit bribes from sports marketers.**
> U.S. Attorney General Loretta E. Lynch

BRIBES

The case involves bribes totalling more than $100 million linked to commercial deals dating back to the 1990s for soccer tournaments in the U.S. and Latin America.

IRAQ

ISIL suicide bombs strike army near Fallujah, killing 17 troops

As Iraqi forces gathered for a major new offensive to try to take back the sprawling Sunni heartland of Anbar province, ISIL militants struck first, unleashing a wave of suicide bombings that killed at least 17 soldiers.

The attacks outside the extremist-held city of Fallujah came just hours after the Iraqi government announced the start of a wide-scale operation to recapture areas under ISIL control in the vast desert province that stretches to the border with Jordan.

The militants used a sandstorm that engulfed most of Iraq to launch the deadly wave of bombings late Tuesday night, Brig. Gen Saad Maan Ibrahim, the spokesman for the Joint Military Command, told The Associated Press.

He said it was not clear how many suicide attackers were involved in the bombings but they struck from multiple directions at the Iraqi troops, who were gathered near a water control station and a lock system on a canal between the Euphrates River and Lake Tharthar as they prepared to deploy.

Last month, the water station near Fallujah fell into the hands of the militants following attacks that also included multiple suicide bombings that killed a general commanding the 1st Division and a dozen other officers and soldiers, Ibrahim said.

Iraqi government forces retook the station a few days later. Fallujah lies to the east of the Anbar provincial capital of Ramadi, which was captured 10 days ago by the ISIL militants in a major defeat for Iraqi troops.

The military, humiliated last year when it crumbled in the face of the militant onslaught in the city of Mosul, had regained some momentum after its victory in Saddam Hussein's hometown of Tikrit last month. The campaign to retake Anbar, which is said to be backed by Shiite militias and pro-government Sunni fighters, is deemed critical in regaining momentum in the fight against ISIL.

The capture of Ramadi, followed only days later by the fall of the ancient Syrian town of Palmyra, showed ISIL's ability to advance in both countries despite months of U.S.-led airstrikes. Capt. Andrew Caulk, a U.S. Air Force spokesman in Qatar, told The Associated Press it will continue to provide air support "to government-controlled Iraqi forces" throughout the country, including near Ramadi, where it has been carrying out airstrikes for several months.

In Palmyra, Syrian activists said ISIL militants shot dead a group of detainees in the Roman theatre in the town's ancient ruins after gathering people to watch. They said ISIL gunmen killed at least 15 men after accusing them of having fought with President Bashar Assad's troops.
THE ASSOCIATED PRESS

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GREECE 12,000 ILLEGALS ARRESTED. Migrants wash at a camp on the Greek island of Kos. Greece and Italy are flooded with refugees fleeing the fighting in Syria. THE ASSOCIATED PRESS

Chimp research equated to slavery

ANIMAL RIGHTS

Lawyer claims animals are entitled to habeas corpus

> **They're essentially in solitary confinement. This is what we do to the worst human criminal.**
> Steven Wise, Nonhuman Rights Project lawyer

A lawyer seeking to free two chimpanzees from a state university told a judge Wednesday that their confinement for research purposes is akin to slavery, the involuntary detention of mentally ill people and imprisonment.

Steven Wise, an attorney with the Nonhuman Rights Project, told Manhattan Supreme Court Judge Barbara Jaffe in a nearly two-hour hearing that Hercules and Leo are "autonomous and self-determining beings" who should be granted a writ of habeas corpus and be moved from Stony Brook University on Long Island to a sanctuary in Florida.

"They're essentially in solitary confinement,"' Wise told the judge before a crowd of about 100 packed into the Manhattan courtroom. "This is what we do to the worst human criminal."

The eight-year-old chimps, who were not at the hearing, are used for locomotion studies at Stony Brook.

Christopher Coulston, an assistant state attorney general representing the university, argued that the case was meritless on procedural grounds because the venue was improper and because granting the chimps personhood would create a slippery slope regarding the rights of other animals.

Much of the proceeding focused on centuries-old legal principles including the social contract, the writ of habeas corpus and the equal protection of laws.

Wise repeatedly cited legal decisions that granted the writ of habeas corpus to groups historically denied it — including to Native Americans and blacks during the 1800s.

Coulston said it was improper for a court to decide whether the animals are entitled to a writ of habeas corpus and that doing so would be unprecedented, telling Jaffe it is up to the state legislature to define personhood in this case.

"The reality is these are fundamentally different species," he said. "There's simply no precedent anywhere of an animal getting the same rights as a human."

Jaffe didn't make a ruling in the case, but thanked both sides for an "extremely interesting and well argued proceeding."

THE ASSOCIATED PRESS

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Giant corporations mentor small rivals

CORPORATE TRENDS

Executives say they can learn from newer competitors

Imagine a world where David and Goliath are best buds. Well, it's becoming reality more frequently in the business world.

Boston Beer Co., maker of Sam Adams, mentors and lends money to small craft brewers. It hopes their sales will grow and take grocery store shelf space from brands like Budweiser, Miller and Coors.

Instead of feeling threatened and trying to crush smaller rivals that could take revenue from them, corporations like Microsoft Corp., Boston Beer and General Mills Inc. are mentoring and loaning money to smaller companies. It's an arrangement that has benefits for both sides.

Mark Hirsch, owner of Creative Worx, left, and Dan Bloom, owner of Slope, pose in the offices of Microsoft Ventures in Seattle. As part of the Ventures program, Hirsch and Bloom get work space, technical advice and feedback from Microsoft employees. THE ASSOCIATED PRESS

Executives at big corporations are starting to realize they can learn from younger and smaller competitors, according to a survey by Business Performance Innovation Network, a professional networking organization. More than half the executives surveyed said large companies can learn from smaller competitors about focusing on and listening to what customers say they need. A third said large companies can learn about being willing to fail and take non-traditional approaches from smaller rivals.

THE ASSOCIATED PRESS

FOSSIL FUEL

Divestment call falling on deaf ears in Canada

Scott Vrooman says he wants Dalhousie University and Queen's University to stop investing in fossil fuel companies — so much that he's willing to tear up his degrees from the institutions if they don't change their policies.

The writer and comedian made the promise to pressure the schools to sign on to a global movement calling for a total divestment of fossil fuels.

"If you're an institution that claims to be working in the public interest, you can't do that ... because torching the climate isn't in the public interest," said Vrooman.

The fossil fuel divestment movement, started by environmental group 350.org in November 2012, has started to gain traction abroad but so far failed to take hold in Canada.

Last fall, Dalhousie University rejected calls to divest of fossil fuels, while the University of Calgary pre-emptively said it was not looking at making changes to its investments in the energy industry.

Outside Canada, hundreds of colleges, cities, foundations and religious groups have committed to some degree of divestment of fossil fuels.

THE CANADIAN PRESS

IN BRIEF

Interest rates stay same

The Bank of Canada said Wednesday it is keeping its trendsetting interest rate locked at 0.75 per cent because inflation has been in line with projections and consumption has held up relatively well — even with the negative effects of lower oil prices.

THE CANADIAN PRESS

market minute

DOLLAR 80.26¢ (-0.21¢)

TSX 15,110.47 (+59.66)

OIL $57.51 US (-52¢)

GOLD $1,185.60 US (-$1.30)

NATURAL GAS: $2.815 US (-0.7¢)
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HAMILTON, ONT.

City fighting Canada Post's super-size mailboxes

Local governments should have a say in the placement of large community mailboxes even if federal law states they can go on municipal property, a lawyer for the southern Ontario city of Hamilton argued in court Wednesday.

Canada Post and Hamilton are locking horns over a local bylaw that requires Canada Post to obtain a $200 permit per site to install the mailboxes on municipal land.

The Crown corporation argues the bylaw infringes on federal rules that grant Canada Post final say over the location of mail receptacles.

It also says Hamilton officials had the chance to weigh in on where the mailboxes would go but chose not to engage.

The city's lawyer told a Hamilton court the dispute isn't about wresting control away from Canada Post, but about ensuring the city has a role to play, which she called "a question of national importance."

The bylaw was put in place to formalize the consultation process and set out specific criteria with which to review the proposed sites, Justyna Hidalgo said. "The city isn't choosing a location, it's just confirming the location chosen by Canada Post," she said.

THE CANADIAN PRESS

BACKGROUND

Canada Post is installing the super mailboxes as it discontinues home mail delivery, a move it says is necessary to its financial survival as more Canadians continue to switch to electronic means of communication.

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Thursday, May 28, 2015

Pensions: Inside the flip-flop

POLITICS

Chantal Hébert

In the dying days of a third mandate, federal Finance Minister Joe Oliver is about to spend the last summer before the October election consulting the provinces on a public pension reform that all governments, including his own, dismissed as unworkable five years ago.

When the idea of allowing Canadians to make supplementary voluntary contributions to the Canada Pension Plan in order to enhance their retirement benefits came up in 2010, former MP Ted Menzies was the parliamentary secretary to the minister of finance, Jim Flaherty.

Both trashed the notion.

"We have ruled out ideas we collectively determined cannot work," Menzies told the House of Commons. "The verdict was unanimous. This was not a good idea."

"We reject a voluntary plan because that would very much disturb the work of the Canada Pension Plan, which operates on a different basis," Flaherty explained.

What the then-finance minister had in mind was, in his own words, "a modest, phased-in increase on the mandatory side."

Ottawa and the provinces spent the following years discussing pension reform until Flaherty summarily shut down the talks in December 2013. By then a number of provinces were sold on increased mandatory contributions to the CPP and an attending expansion of pension benefits. Indeed, Ontario's Liberal government had signalled that it was ready to go it alone.

If Flaherty needed a political incentive to walk away from the federal-provincial table, that Ontario commitment was it. At the time, Conservative strategists believed (wrongly) that the provincial Liberals would be clobbered at the polls if they went ahead with a supplementary Ontario pension plan.

As of the termination of the federal-provincial talks, Flaherty's initial goal of raising the mandatory contributions became — in the words of his own government — a "job-killing, economy-destabilizing, pension-tax hike." The rhetoric endures to this day.

But it was only on Tuesday that Harper's government came full circle and embraced the voluntary plan it had argued against in the past.

The last federal budget was silent on pension reform. The net result of that omission is that when Oliver comes calling in the provincial capitals this summer, it will mainly be in his capacity as the Conservative candidate for the Toronto riding of Eglinton-Lawrence.

He will be peddling a Conservative election promise.

One of the many provincial venues where he can expect a cool reception is Queen's Park.

The reality is that Canadians do not lack for vehicles that promote voluntary pension-building savings, but millions of them do not use them and end up not setting enough money aside for a decent retirement.

In contrast with Oliver's scheme — which is geared to those who do save — the proposed Ontario plan addresses that fundamental issue. And, in contrast with Oliver, Premier Kathleen Wynne has secured an electoral mandate to implement it.

Still, the ruling Conservatives expect that the voluntary nature of their proposal will make it an easier sell on the campaign trail than the opposition parties' contention that a universal increase in contributions (and benefits) is in order.

It may help fend off the perception that their last budget — with the doubling of contributions to tax-free savings accounts (TSFAs) — was crafted to benefit the more affluent few rather than the more cash-strapped majority of working Canadians.

But it also sends a different, less attractive, message about the current Conservative mindset. In order to regain momentum in voting intentions and make it back to the magic threshold of a majority victory, the government is scrambling for rabbits — whether they are dead or alive — to pull out of its hat.

Canadians do not lack for vehicles that promote voluntary pension-building savings, but millions of them do not use them and end up not setting enough money aside for a decent retirement.

On Tuesday, the rabbit took the shape of a summer tour of the deserted provincial legislatures designed to create the appearance of action on pension reform.

On Monday, National Post columnist John Ivison reported that another GST cut is under consideration.

That too never came up in the April budget, and for good reason. There is nothing in the latest fiscal forecast presented by the Harper government that suggests it can afford the $7-billion price tag of another GST cut anytime soon, if ever.

Increasingly it seems the Conservative party is ready to make election promises that the Conservative government knows it can't or should not implement.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

metroview

"People who don't think Vancouver is boring, like boring."

Vancouver is the bimbo of Canada. Good-looking, sporting a smile, the city makes you feel better just by looking at it. Except the more time you spend together, the more you realize no one's home. As in, they've hit the mountains for the weekend.

The Economist's travel blogger, Gulliver, recently dubbed the city (and Vienna and Geneva) "mind-numbingly boring."

In a column bemoaning the loss of the gritty city, he calls Vancouver highly livable and, thus, highly dull, with little danger and few surprises.

That left the mayor indignant.

"It's true that Vancouver lacks the stressful vibe of cities where guns, muggers and freeways threaten one's daily existence," Mayor Gregor Robertson told media, but it compensates with "deep culture, breathtaking nature and intense recreation."

He's likely unaware of how boring "intense recreation" sounds. And his point — hey, we have nature! — isn't the point of a city at all.

Vancouver is where people sleep between gnarly mountain bike rides and kitesurfing. It lacks a concentration of urban wildlife — the guy with a giant pet lizard clinging to his shirt, the 24-hour gay club you notice thanks to smokers huddled by an unmarked door at 8 a.m. and then at 11 a.m. The piano-playing bartender who'll soon be hosting a concert in his living room.

Yes, Vancouver has the Downtown Eastside. But one very dynamic neighbourhood doesn't make an adventurous city. Even the underground music scene was literally forced into underground parkades after bylaws (more plentiful than Lululemon pants) closed down a slew of music venues, spawning the 2010 documentary No Fun City.

Maybe it's still young, but the city lacks soul. Even my Vancouverite brother agrees: "It's nice, but it lacks an edge. Everyone's like, 'Aren't you happy all the time? Isn't this wicked?' It's like no, it's not a wicked day. It sucks." (He said this before heading out for an evening of "killer" sailing).

People who don't think Vancouver is boring, like boring. Unlike Gulliver, they're not excited by mystery. Pleasant, even bland, is good.

Vancouver is like the pretty, popular kids in high school who lack substance, my sister-in-law noted. Research has backed up this cliché: beautiful people strive for conformity and self-promotion over independence.

Sound like anyone you know, Vancouver?

It's OK, though, because no one can have it all. You've got the looks (and the playtime that goes with them). Leave mystery to the rest of us.

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As the new face of Marc Jacobs, Cher is the latest older woman to front a fashion campaign

Dating with genital herpes

SEX INFORMATION

Two women share their struggle to find love after STI diagnosis

Thandi Fletcher
Metro | Vancouver

Amanda had just started dating again after ending her marriage when she found out she had genital herpes.

The 30-year-old from Vancouver, whose name has been changed to protect her privacy, thought she would never find love again.

"I was totally devastated," she told Metro. "I went through a grieving process and cut myself off from everyone for about a month."

Genital herpes is a common sexually transmitted infection. According to data collected through the Canadian Health Measures Survey, as many as one in seven Canadians aged 14 to 59 may be infected by herpes simplex virus 2, one of two viruses responsible for the infection.

Compared to many other sexually transmitted infections, herpes is relatively harmless. The infection may cause painful sores, a slight fever, swollen lymph nodes and body aches, but in many cases, people don't experience any symptoms. Only in extremely rare cases can the virus result in serious infections.

> **The stigma is simply unjustified**
> Alex McKay, Sex Information and Education Council of Canada

Alex McKay, executive director of the Sex Information and Education Council of Canada, says the stigma still attached to herpes is "rooted in ignorance." CONTRIBUTED

Still, herpes has a social stigma attached to it that for many sufferers is worse than the actual infection. According to a 2006 online poll conducted by pharmaceutical company Novartis, the stigma surrounding herpes is second only to HIV.

Alex McKay, executive director of the Sex Information and Education Council of Canada, blames the stigma attached to herpes on ignorance.

"The stigma is simply unjustified," he said. "It is by and large rooted in ignorance. The vast majority of Canadians have very little, if any, understanding of … herpes."

McKay said the percentage of the population with herpes is "huge," but most people don't know they carry the virus. While having many sexual partners does carry increased risks of acquiring any STI, herpes can spread between partners in long-term relationships just as easily, he said.

"Many of the people who may be making jokes about herpes may in fact have it themselves and they are unaware of it," said McKay. "The idea that people who have active genital herpes infections acquired it either through promiscuous sexual behaviour is completely false."

1 in 7
AS MANY AS ONE IN SEVEN CANADIANS AGED 14 TO 59 MAY BE INFECTED WITH HERPES SIMPLEX TYPE 2 VIRUS

94%
NINETY-FOUR PER CENT OF PEOPLE WHO TESTED POSITIVE FOR ANTIBODIES AGAINST HERPES SIMPLEX TYPE 2 VIRUS WERE UNAWARE OF THEIR STATUS

6%
ONLY SIX PER CENT OF CANADIANS WHO TESTED POSITIVE FOR HERPES SIMPLEX TYPE 2 VIRUS WERE AWARE THAT THEY CARRIED THE VIRUS

That was the case for Melanie, 32, of Kingston, Ont., who became infected with herpes during a two-year relationship with the man she thought she would marry.

Melanie, whose name has also been changed to protect her privacy, said her ex-boyfriend told her soon after they started dating that he had herpes. Despite taking steps to prevent transmission, she also became infected.

When the relationship ended, Melanie said she now faced the daunting task of having to disclose her infection to potential new partners. For two years, she didn't date, and when she finally did, Melanie said she felt she had to justify how she became infected.

"It has such a negative connotation with it, of being promiscuous or taking risks," she said. "That's the hard part."

Vancouver's Amanda says she tried using a dating website that caters to people with genital herpes but found the selection of potential partners to be limited.

"The most frustrating thing is that in our dating culture, it's normal to just jump into bed with people you hardly know," she said. "And sometimes I have to tell them (I have herpes) before I am ready to because of that."

After her diagnosis, Amanda said felt she had little in the way of support due to the stigma.

She reached out to friends and family but said she felt people didn't really understand what she was going through. Others "weren't all that sympathetic," she said. Even her doctor brushed off her request for advice, telling her to look on the Internet for information.

Frustrated, Amanda said it wasn't until she found a local support group that she finally realized it would be possible to date again.

Amanda said she hopes sharing her story can help inform more people about herpes and help break down the stigma.

"Herpes itself is such an insignificant illness," she said, "but it causes so much pain because of all of the social barriers caused by it."

Disclaimer: Although both women interviewed for this feature agreed the stigma surrounding herpes should be broken down, both requested to be quoted as anonymous sources as they feared for the repercussions of speaking publicly about their infections.

VIRUS FACTS

What is herpes and how common is it?

Herpes is an infection caused by the herpes simplex virus, or HSV.

There are two types of HSV that cause infections. HSV-1 generally causes oral herpes, commonly known as cold sores, while HSV-2 causes genital herpes.

However, there is mixing between the two, with HSV-2 causing oral herpes and HSV-1 causing genital herpes, said Dr. Jason Wong, physician epidemiologist at the B.C. Centre for Disease Control.

Condom use reduces but does not eliminate the risk of infection. ISTOCK

Although condom use reduces the risk of contracting the virus, which spreads through skin-to-skin contact even when sores aren't present, it does not eliminate the risk of infection.

When someone becomes infected, Wong said the virus lives in the nerves where it stays dormant most of the time.

Occasionally, the virus becomes active — usually triggered by stress — and travels to the surface of the skin where it reproduces itself, Wong said.

That can result in a painful sore on the skin, he said, but sometimes a person does not have any symptoms. That makes it difficult to estimate the prevalence of herpes infection, he said.

According to data collected as part of the 2009 to 2011 Canadian Health Measures Survey, 13.6 per cent — or one in seven — Canadians aged 14 to 59 have antibodies against HSV-2. Still, 94 per cent of those who tested positive were unaware of their status.

Eggs, bacon not so bad after all

DIETARY GUIDELINES

It's sunny side up for eggs when it comes to cholesterol

NUTRI-BITES
Theresa Albert
myfriendinfood.com

Yippee! You can eat eggs again!

Until now it's been "common knowledge" that eating eggs and other foods containing saturated fat would raise your cholesterol levels. But a storm has been brewing for years as evidence to the contrary emerged.

Now, this year's dietary guidelines published by the U.S. government are set to reverse the long-held recommendations regarding high-cholesterol foods, which asked people to limit their intake to 300 mg/day. That's because according to a recent report from the Dietary Guidelines Advisory Committee, evidence shows there is no relationship between consumption of dietary cholesterol and blood cholesterol.

Here's the lowdown:

- Your liver manages the cholesterol in your body.
- Cholesterol is a necessary substance in the formation of cells and the management of hormones.
- Your liver decides how much you need and whips up more or less as necessary.
- Only 20 per cent of your cholesterol level is affected by dietary changes.

So what does this mean for your burger, bacon and eggs, baby back ribs lovin' self?

- You can enjoy eggs and the occasional high-saturated fat food without fearing it will harm your heart via cholesterol.
- You still can't indulge in BBQ every day as there are other downsides to cooked meat
- The calories and sugar in a rib dinner will still get you in the end (or the on the love handles)
- Butter is better than margarine.
- Sugar is now and always was the real enemy. It will contribute to poor cholesterol.

If you are currently on cholesterol lowering medication, talk to your doctor. But know that changing your diet won't cure your cholesterol.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

Eggs won't harm your health via cholesterol, according to a recent dietary report from the U.S. ASA DAHLGREN/TORSTAR

> **Cholesterol is not a nutrient of concern for overconsumption**
> Scientific Report of the 2015 Dietary Guidelines Advisory Committee

LACK OF PATS

Japan can't supply butter to meet domestic demand

Japan was bracing this week for a severe butter shortage that threatened to crimp cake-making nationwide, bringing echoes of last year's dairy dire straits that left supermarket shelves empty.

The Japan Dairy Association is warning that demand for pats will outstrip supply by more than 7,000 tonnes, prompting the government to ready emergency imports.

At the root of the problem is a wider dairy deficit that sees farmers prioritizing the raw material for sales of liquid milk.

Herds have been cut over recent decades as demand has dropped with an aging Japanese population. AFP

Butter is in short supply in Japan. ISTOCK

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Illustrating sex and argument

For As Long As It Rains begins as a fantasy romance but quickly descends into a couple's power struggle. CONTRIBUTED

GRAPHIC NOVEL

Montreal artist uses comics to depict a very real relationship

BOOKWORM

Sue Carter

Zviane says she wanted her graphic novel to be honest. CONTRIBUTED

In theory, For As Long As It Rains should be a romantic fantasy.

The new translation of a gorgeous French graphic novel by Montreal cartoonist Zviane features a young unnamed couple who retreat to an architecturally stunning beachside home located somewhere in the Netherlands. But when the torrential rain refuses to let up and the real world begins creeping in, the fantasy dissolves and the sad truth of their relationship is revealed.

Zviane says she was inspired "to create the perfect place in the perfect woods, and have this couple trapped there."

It's no accident that her illustrations of the open-concept house — with its two-storey bookshelves, upright pianos, modernist furniture and a kitchen that would make chefs envious — look like they should be on a Pinterest board. For research, Zviane pored over architectural magazines and design photos on the Internet, uncovering a fetish for what she refers to as "bookshelf and cabin porn." Each interior scene is drawn with a cinematic flourish, especially as shadows from the trees and the wall-to-wall windows start feeling more like prison bars. "You want to be there," she says, "but you would never want to live there."

According to Zviane, For As Long As It Rains was a challenge to illustrate, especially the couple's bodies in action, as she focused on muscular anatomy in ways she hadn't in her previous seven books. "I chose to draw it in a way that was hard for me," she says. "It's not what I usually do."

Unable to leave the house, the pair play piano (Zviane herself is a trained musician and music teacher), cook, nap, smoke pot, talk and have plenty of sex.

Zviane boldly depicts their lovemaking, over many pages, in graphic, intimate scenes that leave little left to the imagination and are definitely not safe to read during a subway commute.

"I don't consider it to be super erotic," she says. "I wanted to be honest. This is what is happening to this couple."

Sue Carter is editor at Quill & Quire magazine.

BOOK NOTES

Montreal publisher crowdfunds translations

Canadian presses have long been publishing English translations of bande dessinée from France and Belgium, but significantly fewer French comics have made the journey out of Quebec. Zviane's publisher, Montreal's Pow Pow Press, is hoping to change that by simultaneously producing its books in both official languages. Turns out there's a demand: In December, Pow Pow successfully raised close to $25,000 on Kickstarter to pay for its first translations.

What would you do with $100?

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3 BOOKS TO KEEP YOU UP AT NIGHT THIS WEEKEND

Drama in your personal life can be draining, but when you're merely an outsider, it can be addictive. All three of the books featured here are loaded with drama, albeit different types. Take the quiz to see which one will best satisfy your thirst for some weekend excitement.

EMILY LAURENCE METRO NEW YORK

1 Your ideal vacation would be:
a. A road trip across America
b. A trip to the Mediterranean seaside
c. Travelling somewhere exotic, like the Middle East

2 What type of relationships really intrigue you?
a. Familial relationships, as between parents and kids
b. Former lovers
c. Current lovers

3 Which of the below rings most true to you?
a. "Growing up is losing some illusions, in order to acquire others"
b. "Man is not what he thinks he is, he is what he hides"
c. "Keep your friends close and your enemies closer"

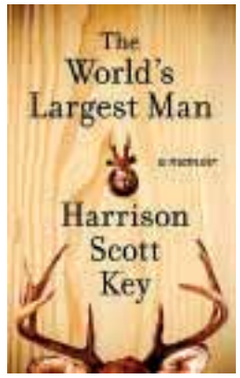
4 Who in your life do you admire the most?
a. Your mom or dad
b. A grandparent
c. A resourceful, quick-witted friend

5 What is the background on your phone?
a. A photo of someone you love
b. A photo from a recent vacation
c. A photo of something that motivates you to work hard

Mostly As

The World's Largest Man
By: Harrison Scott Key

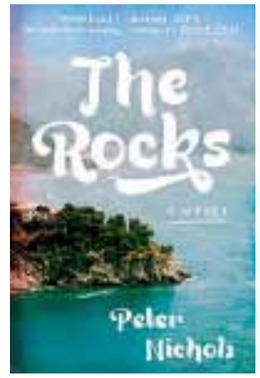
Growing up in the Deep South, Harrison was fascinated by his father, a man's man who hunted, coached football and was a firefighter. But Harrison never seemed to be good enough for his dad. With a chip on his shoulder, Harrison consciously grew up to be his father's opposite: a mild mannered writer. It wasn't until he got married and became a father himself that he began to see his father in a new light.



Mostly Bs

The Rocks
By: Peter Nichols

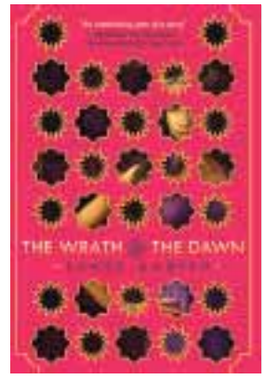
Lulu and Gerald were married to each other once, but that was when they were young. Now they're both living life's last act. They haven't talked in more 50 years even though they live down the street from one another. Something major drove them apart, but they've been able to keep it a secret from everyone. Until now.

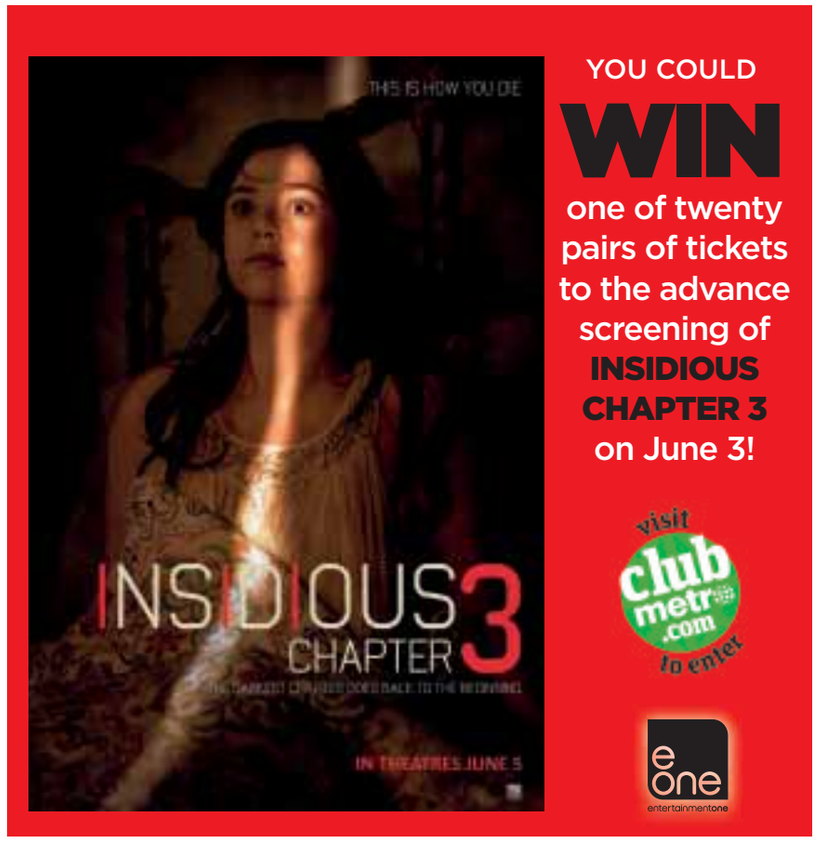


Mostly Cs

The Wrath & The Dawn
By: Renee Ahdieh

Khalid is a young Middle Eastern king who gifts himself a new bride every single night, only to kill her in the morning. Shahrzad's lost her best friend because of his murderous ways and vows to get her revenge. She charms Khalid, making him fall for her. But then something unexpected happens: She starts falling for him, too.

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Pet owners embrace alt treatments

More and more pet owners are seeking alternative treatments for their sick pets.
DREAMSTINE/TORSTAR NEWS SERVICE

HOLISTIC HEALTH

Practitioners say therapies work the same way as they do on humans

Chilko has seen better days.

A good walk for the 15-year-old black lab is now 18 to 24 metres. The grey hair on his chin is a testament to his advanced age.

Owner Gino Furano isn't willing to say goodbye to his constant companion just yet and has embraced a holistic approach to the painful ravages of his dog's old age.

Furano has been bringing Chilko to the Calgary Holistic Veterinary Clinic for acupuncture for three years and says the hour-long sessions appear to be working.

"Most of the time he'll just fall asleep," says Furano, sitting on the floor with Chilko's head in his lap.

"When we first brought him in, we noticed a significant change in his mobility. Then there was arthritis somewhere on his right side. He's still mobile. He's eating. He's happy and he's doing really, really well," Furano says.

"The acupuncture relieves some of the stress. Now I just think he has a lot of aches and pains in his joints. This is just quality of life now."

Chilko barely seems to notice when veterinarian Dr. Yanhui Qi inserted needles and hooks them up to a low-level electrical current.

"It works the same as on humans," Qi says. "We know that it's working by observing after the treatment if there is less pain and they are moving easier."

The cost is $220 for the initial consultation and treatment. Follow-up treatments run between $73 and $100.

Qi grew up in rural China where he says the use of acupuncture has been used on horses and cattle for thousands of years.

It's more rare in North America where the efficacy of animal acupuncture has been questioned. But recent articles suggest there is evidence it is useful in pain management in cats and dogs.

"There is a solid and still growing body of evidence for the use of acupuncture for the treatment of pain in veterinary medicine to the extent that it is now an accepted treatment ... for painful animals," read the joint guidelines from the American Animal Hospital Association and American Association of Feline Practitioners.

"When I started at this clinic 16 years ago, people were skeptical, but now more and more people want to try this kind of treatment for their animals," Qi says. "With acupuncture we are able to save animals and improve the quality of their lives."

Miki Zahner brought in her big Maine coon cat named Tony after he injured a ligament in his leg in a tussle with another cat.

"He's felt a lot better. He's no longer limping," says Zahner.

"I think he's only had three treatments. He's jumping again and so he's doing just fine," she says. "He falls asleep during it."

Zahner became a believer after bringing in another cat for acupuncture a few years ago.

"When (Qi) first mentioned it to me I kind of rolled my eyes at him," she says. "But the treatments were fantastic."

THE CANADIAN PRESS

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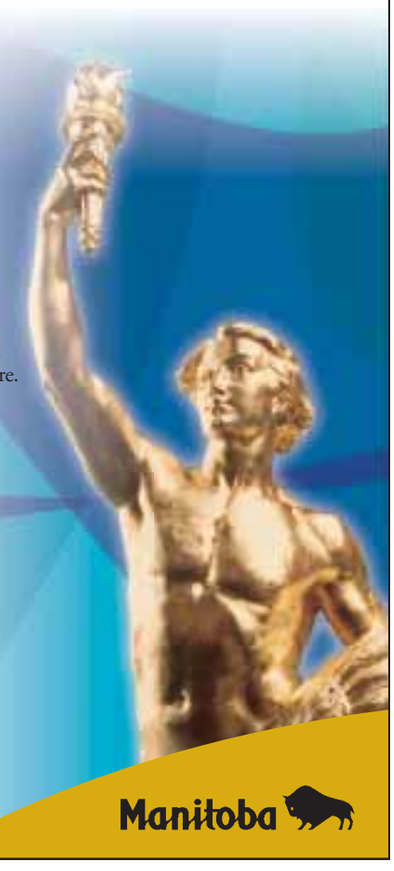


Manitoba

OPTIONS

Cat reiki, dog acupuncture and bunny X-rays

Acupuncture is not the only human-type health care available to pets. Some other medical services include:

Physiotherapy: Can achieve similar benefits seen in human physical rehabilitation to restore function after surgery or injuries, reduce pain and inflammation or improve general well-being in old age. It can include hydrotherapy (exercises or treadmills in water), gentle stretching and manipulation of limbs (yoga), massage and simple exercises.

Dental care: Dog and cat owners are urged to brush Fido and Fluffy's teeth regularly. That's not always easy, so veterinarians specializing in animal dentistry can provide dental cleanings, extractions, root canals and crowns.

Diagnostic imaging: Includes X-rays, CT scans, ultrasounds and magnetic resonance imaging (MRIs).

Radiation therapy: Uses complex equipment to shrink or destroy cancerous cells. Usually administered over a number of weeks, depending on the size and nature of the tumour.

Radioiodine therapy: An option instead of medication or surgery to treat hyperthyroidism. Involves injection of radioactive iodine. It can only be performed at specialized veterinary centres.

Diabetes treatment: Insulin injections administered by owners are considered the benchmark therapy. The treatment involves careful monitoring.

Major surgeries: Some of the same operations performed on people can be performed on animals, including pacemaker implants and kidney transplants.

Reiki: Channels healing energy through the hands to the animal to relieve pain and provide calming influence. Some practitioners make house calls. Cats seem to be especially receptive.

THE CANADIAN PRESS

A petition has been submitted to NXNE to pull the Action Bronson show scheduled for June 21. ALL PHOTOS GETTY IMAGES

Rapper says T.O. has 'panties in a bunch'

ACTION BRONSON

Festival backs show despite 'misogynistic' lyrics

Jessica Smith Cross
Metro | Toronto

The organizers of Toronto's North by Northeast (NXNE) festival are standing by their decision to offer a free public hip-hop show featuring Action Bronson — despite a petition asking them to pull the show over a song the petition says "glorifies gang-raping women."

The petition accuses him of "violent misogyny" and calls the lyrics of his song Consensual Rape "hate speech."

The section of the song cited in the petition begins, "Then dig your shorty out cuz I geeked her up on molly," and goes on to explicitly describe a group sexual encounter, ending with, "stuff her lunchbox & burn her with the candle."

Action Bronson responded on the controversy, tweeting that Torontonians "have their panties in a bunch" and the song that the petition objects to is a five-year-old "lost track" that he has never performed. "Don't single me out," he tweeted.

Action Bronson is set to perform on June 21 in a public square at a free show. NXNE released a statement defending the show, and artists' rights "to express their views through music." It invited anyone who is offended to go see a different show.

"NXNE will also present a number of rap artists at various venues, such as Tink and Kate Tempest, who have been lauded for the undisguised feminist viewpoints in their music," said Sara Peel, Managing Director of NXNE, in the statement. As of Wednesday afternoon, the petition against Action Bronson had more than 1,600 signatures.

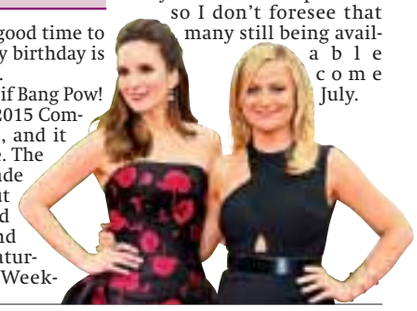
COMIC-CON

Fey and Poehler action figures? Sure!

Ned Ehrbar

This might be a good time to point out that my birthday is coming up soon.

Toy company Bif Bang Pow! has unveiled its 2015 Comic-Con exclusive, and it is quite awesome. The company has made action figures out of Tina Fey and Amy Poehler and given them a Saturday Night Live Weekend Update play set. The only downside? The company only made 2,400 of the sets, and they're available for pre-order so I don't foresee that many still being available come July.



RELATIONSHIPS

Taylor's pals not keen on Calvin

Calvin Harris. GETTY IMAGES

Taylor Swift seems to be having a fantastic time dating EDM star Calvin Harris, but her pals apparently aren't too thrilled and want her to kick his Scottish bum to the curb.

"Calvin's putting on a front now," a pal reveals. "He used to date a bunch of club girls who were nothing like Taylor. If they ever came forward, it would hurt Taylor's brand," a source tells Life & Style.

But Swift doesn't seem too concerned with her friends' concerns. "They are getting very serious, very fast," the source adds. "Taylor has already introduced Calvin to her parents."

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metro HOME
Your essential daily news

Sixty per cent of Canadian homeowners have a wooden deck: Ipsos poll

What they're a$king

OUR CITY

The modern suburban home is made for those who relish the luxury of open space, manicured lawns and quiet, safe streets conducive to raising a family. Metro looks at detached, newer, resale houses in subdivisions outside of town. **Duncan McAllister** FOR METRO

$439,900

Winnipeg

Here's an example of a three-bedroom, four-bathroom home at 47 Baptiste Tourond Rd., in the Sage Creek community. This is a custom-built Broadview home with an attached garage. The upstairs also has a large loft family room area and French doors that open onto the master bedroom. This property has a professionally landscaped backyard, with a garden shed and fire pit. Listing agent is Darryl Walsh, a sales representative with Royal LePage Dynamic Real Estate, 204-297-0860.

$1,179,900

Calgary

Aspen Woods is one of Calgary's most desirable suburbs, and Looma Homes built this detached home in the area in 2014. It's a two-storey walkout featuring views to the south, with 3,142 sq. ft. of living space. The main floor is open and bright, with a den and a formal dining area. The upper level has three bedrooms, and a bonus room. Tim Lind is a sales representative for Re/Max Real Estate (Mountain View), 403-333-0837.

$898,000

Vancouver

For sale is a two-storey, wood frame house in the suburb of New Westminster, near Vancouver. The five-year-old, custom-built home sits on the largest lot on the block. It's a unique floor plan replete with modern features. There are three bedrooms upstairs and one bedroom downstairs, with the kitchen and family room overlooking the living area. The listing agent is Lance Hughes with Re/Max Progroup Realty, 604-943-8080.

$539,900

Ottawa

This four-bedroom home in Morgan's Grant features spacious principal rooms, a striking foyer, two family rooms plus an open, finished recreation room. There's cherry flooring on the main floor, marble in the powder room, foyer and laundry, and imported Italian tile in the kitchen. There's also a fenced backyard. Listing agent Geoff McGowan is a sales representative with Re/Max Affiliates Realty, 613-216-1755.

Metro Custom Publishing Directory

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Winnipeg | metro

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METRO SPACES

Winnipeg gardens are getting tropical

CONTRIBUTED

This year, many Winnipeggers are choosing to add a little punch to their yards with tropical plants. Plant with personality, like laid-back palms, vibrant hibiscus, trumpet-like dipladenias, and aglaonema with their glossy white- and red-dappled leaves beautifully accentuate the rest of the garden.

"Tropicals add a pop of colour and complement the plants you already have," explains Carla Hyrcyna, co-owner and president of St. Mary's Nursery in Winnipeg. "They can play happily with your other perennials and annual flowers."

St. Mary's Nursery carries a vast amount of plants for every taste, including a wide range of tropical beauties to add exotic flair to your yard. Plant them on their own in a pot to move into your garden or onto your porch during the warm months, then back indoors in the fall.

Tropicals can be planted individually, or underplanted so that your existing draping plants like verbena, lantana, impatiens, or bacopas can cascade overtop, creating a layering effect.

One of Hyrcyna's favourite tropicals? The medinilla, a potted plant with glossy green foliage that seems unassuming, until its pendulous flowers burst out in bubblegum pink.

"Tropicals are a fun statement piece that show your personality in your garden," says Hyrcyna.

Get planting

The gardening bug is in the air. Bees are buzzing and your neighbours are out in their yards, rolling up their sleeves, aerating the soil and sprinkling fertilizer — getting their gardens ready for summer. For all the wannabe green thumbs who never knew where or when to start gardening, St. Mary's Nursery in Winnipeg is your one-stop-shop to get your garden up and growing, whether you're looking for edibles, splashy annual flowers, or perennials that will grow with you over the years. There's no better time than now!

For more information and to browse the Plant Finder, visit stmarysnurseryandgardencentre.ca, or visit in person at 2901 St. Mary's Road, two kilometres south of the perimeter highway. (204) 255-7353

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Ken and I welcome you to St. Mary's Nursery & Garden Centre.

Understated cool

Winnipeg is known for its laid-back character. Pretension or bragging doesn't fly here.

Yet over the past 25 years the city's growing downtown has become a burgeoning cultural hub to be proud of. Built on the city's historic centre, a national historic site, with its finely preserved old architecture, Winnipeg's new developments are throwing it into the future, creating a provocative contrast between modern urban and historic esthetics.

Winnipeg's young artists, students and professionals are increasingly gravitating toward the city core, looking to buy homes that reflect Winnipeg's honest mix of vintage and modern.

Winnipeg-founded condominium builder StreetSide Developments, the multi-family division of parent company Qualico, has responded to this growing demand with District Condos, a collection of historic-meets-urban lofts located in the East Exchange District.

"The transformation of the Exchange District has been astonishing," says Rhonda Funke of Rancho Realty and one of StreetSide's sales agent for District Condos. "Compared to just a couple of years ago, the number of residents and visitors walking around and enjoying the riches of this neighbourhood is exciting, and reveals a real community that has developed."

Now 10 character-rich move-in-ready loft condos are selling at District Condos' 110 James, part of a seven-building conversion that composes almost an entire city block.

All homes feature original exposed brick, new double-pane windows, 10-14 ft ceilings, storage lockers and 100-year-old timber beams in most units.

Curious homebuyers can visit the newly opened display suites at 110 James Avenue. The four new display suites feature different layouts for visitors to explore, including studio, one- and two-bedroom options.

Prices at 110 James start at $211,595.

At your doorstep you'll find the Forks, the state-of-the-art MTS Centre, the one-of-a-kind new Hydro Building, the iconic new Museum for Human Rights, and the expanding University of Winnipeg and new Red River College campuses.

Stroll along beautifully landscaped waterside pathways and gardens, past new shops and waterfront condos, or take in the area's arts and culture, clubs and restaurants.

"Downtown Winnipeg has so much to offer within walking distance, you don't even need a car," says Funke.

CONTRIBUTED

Affordable luxury right downtown

The rental market in downtown Winnipeg just got an injection of luxury.

Antares Luxury Suites, a new collection of rental condominiums located at the corner of Smith Street and St. Mary Avenue, is raising the bar for local renters.

The competitively priced, pet-friendly rental suites are part of Westcorp's two-phase conversion of the Place Louis Riel Suites Hotel.

"Antares is perfect for downtown dwellers who are looking for a living option that makes their lives richer and more convenient, at a reasonable price," explains Ekeen Saad, leasing manager for Antares Luxury Suites.

The impeccably appointed studio, one and two-bedroom suites are ready to rent now with rental rates starting from just $825 a month.

The hotel-level finishes impart a sense of relaxation and luxury. Meal prep feels posh on granite countertops. Lavish suite window treatments including black-out blinds, drapery and valences give the suites texture and privacy, and dark-toned black and stainless steel appliances set against the espresso wood cabinets adds an element of drama.

Luxury is in the location, just as much as it's part of the suites themselves. Antares residents are just steps away from Winnipeg's growing sports, hospitality and entertainment district (SHED), walkable to the Winnipeg Art Gallery, City Place Shopping Centre, the University of Winnipeg, the vibrant markets at The Forks, and the MTS Sports and Entertainment Centre, home to the Winnipeg Jets.

CONTRIBUTED

In the colder months, the Winnipeg Skywalk allows residents to get around in comfort.

"Antares is a new kind of rental suite in downtown Winnipeg designed to enable the best in modern living," says Saad.

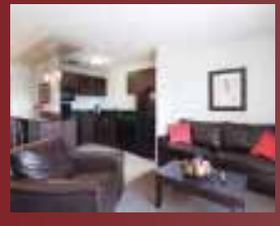
INTEGRATED TECHNOLOGY

Residents at Antares Luxury Suites will get a fully integrated experience thanks to technology and amenities that provide residents the utmost convenience.

Once the final phase of the development is complete by the end of 2015, residents will be able to check on the availability of washers and dryers with a laundry app on their smart phones, connect with neighbours as they pick up a latte in the residents' lounge, exercise at the fully equipped gym, and take professional cooking classes in the chef's kitchen.

The Business Centre at Antares Luxury Suites provides complementary Macs and PCs, with the fast Wi-Fi that every businessperson needs.

HAVE IT ALL



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metro SPORTS

The CN Tower plays a starring role in Toronto's 2016 NBA All-Star Game logo

Thursday, May 28, 2015

Blatter still bulletproof?

CORRUPTION CRACKDOWN

FIFA president stands pat with investigators at his door

Sepp Blatter is arguably the most powerful man in world sports and certainly its greatest survivor.

Now comes the biggest challenge of his 17-year rule of FIFA: dealing with the U.S. and Swiss criminal investigations into corruption among soccer officials, including some who were sipping drinks with Blatter in the hours and days before being arrested on Wednesday morning in Zurich.

Despite the corruption scandals that have scarred FIFA for years, the Teflon-coated Blatter has successfully held onto the presidency, his authority seemingly undiminished.

The ability to deflect responsibility onto one-time allies and then disown them has been a hallmark of the 79-year-old Swiss administrator's term in office.

In fast-paced developments on Wednesday, U.S. authorities indicted 14 people, including members of FIFA's executive committee, the ruling body headed by Blatter, over commercial deals.

And Swiss police launched a dawn raid on FIFA headquarters to seize data and documentation as they investigate the already-tarnished 2018 and 2022 World Cup bidding contests.

It's not the first time Swiss investigators have come looking for evidence in a FIFA probe. That happened in a 2005 kickbacks case.

But the timing of this raid could not be worse for Blatter.

It comes only two days before he goes up against FIFA vice-president Prince Ali of Jordan in the first contested election for the FIFA presidency since 2002.

Blatter hid away in his office on Wednesday, cancelling meetings and sending out a spokesman to defend him in front of the media on the darkest day in FIFA's 111-year history.

Media chief Walter de Gregorio seemed bemused by any suggestions Blatter should be considering his position, only accepting that his leader's "stress factor is higher."

"He is not dancing in his office.... He is not kind of a happy man today saying, 'That's really cool what happened,'" De Gregorio said. "But this is the consequence of what we initiated.... The timing might not obviously be the best but FIFA welcomes this process."

The raid on FIFA was a result of Blatter announcing in November that its secret World Cup investigation report had been handed over to Swiss authorities to assess. It suggests Blatter was sure the finger of suspicion would not fall on him.

Now, with an election to be won, FIFA is trying to accentuate Blatter's role as the person to lead attempts to banish soccer of its "devils" — a word he has used in the past — and clean up the "Beautiful Game."

It is a mission Blatter suggested in December was ordained by God.

"I believe in the Lord," the staunch Catholic said. "From time to time he tells me I can go directly to the Vatican.... I will bring back FIFA."

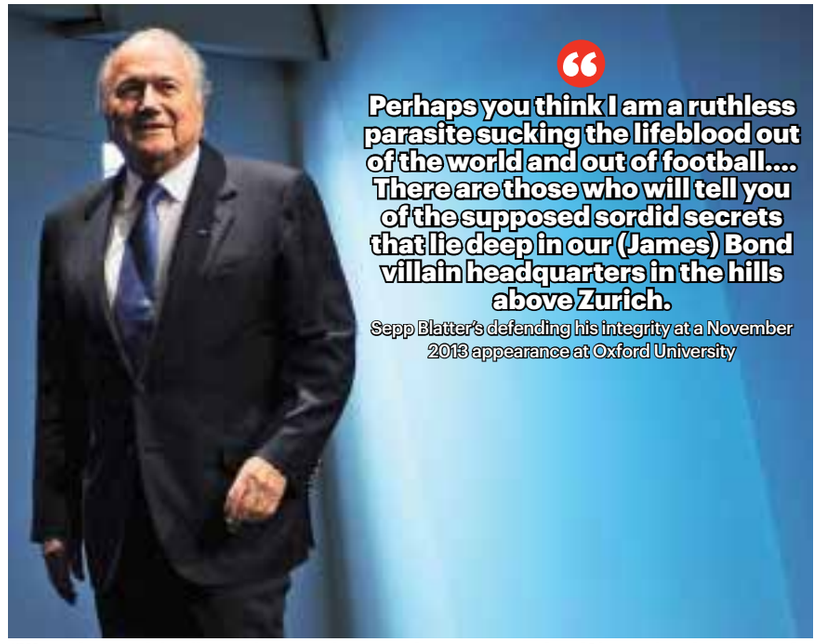
Now some of the secrets of soccer's dirty dealings are out in the open, exposed in detail by U.S. and Swiss prosecutors.

But Blatter's ability to survive years of scandals unscathed suggests this week's most likely outcome: Blatter being re-elected to serve as soccer's leader for a fifth, four-year term.

THE ASSOCIATED PRESS

$5 billion

Sepp Blatter is credited with turning FIFA into a commercial behemoth. The $5-billion quadrennial World Cup is a magnet for fans, broadcasters and sponsors, funding handouts for the 209 national associations, many of whom are indebted to Blatter for FIFA's generosity. After working for athletics and ice hockey federations in Switzerland, Blatter was brought into FIFA by Adidas to work on development projects funded by Coca-Cola in the 1970s.


"Perhaps you think I am a ruthless parasite sucking the lifeblood out of the world and out of football.... There are those who will tell you of the supposed sordid secrets that lie deep in our (James) Bond villain headquarters in the hills above Zurich.
Sepp Blatter's defending his integrity at a November 2013 appearance at Oxford University

"We understand the disappointment that many have expressed and I know that the events of today will impact the way in which many people view us," Sepp Blatter said Wednesday.
GETTY IMAGES FILE

WORLD CUP

Officials says tournament won't be tarnished

The FIFA corruption scandal won't tarnish the Women's World Cup, say the Canadian Soccer Association and Canada's sports minister.

Swiss prosecutors opened criminal proceedings into FIFA's awarding of the 2018 and 2022 World Cups Wednesday.

News of the criminal investigation comes 10 days before the Women's World Cup kicks off. The 24-team tournament runs though July 5 in Edmonton, Vancouver, Winnipeg, Ottawa, Montreal and Moncton.

The CSA, which doubles as the World Cup's national organizer, said in a statement that it was "extremely disappointed by today's developments and welcome and support all efforts to eliminate this type of behaviour in the sport."

The CSA said it would make no further comment.

Bal Gosal
GETTY IMAGES

Federal Sports Minister Bal Gosal, meanwhile, said he's confident that Canadian soccer authorities won't be pulled into the criminal investigations into FIFA executives and that the World Cup will be a success.

Gosal called the allegations terrible, but an internal matter for FIFA's executive.

THE CANADIAN PRESS

MLB

Twins beat BoSox for 5th straight win

Aaron Hicks homered for the first time in more than a year and the Minnesota Twins extended their winning streak to five games with a 6-4 victory over the Boston Red Sox on Wednesday.

Eddie Rosario also homered for Minnesota, which has won nine of 11. The Twins swept Boston for the first time since June 13-15, 2006.

Dustin Pedroia homered twice for the Red Sox, who have lost six of eight. THE ASSOCIATED PRESS

The Twins' Aaron Hicks rounds the bases following his two-run homer.
THE ASSOCIATED PRESS

IN BRIEF

ChiSox beat Jays in extras

Adam LaRoche drove in Jose Abreu with the go-ahead run in the 10th inning as the Chicago White Sox defeated the Toronto Blue Jays 5-3 on Wednesday at Rogers Centre.

Abreu led off the 10th with a triple after Josh Donaldson extended the game with a solo homer an inning earlier. Pinch-runner Emilio Bonifacio tacked on an insurance run when he scored on a Gordon Beckham double.

THE CANADIAN PRESS

Manning back under centre with new coach

Denver Broncos QB Peyton Manning is getting used to being under centre again as he adapts to coach Gary Kubiak's run-oriented, play-action offence with all its rollouts, handoffs and mobile pockets.

Kubiak said Manning, who has been much more comfortable operating from the shotgun late in his career, has "been very responsive and he's working extremely hard."

THE ASSOCIATED PRESS

NHL PLAYOFFS

Game 7 in East final is anybody's guess

Six games into the Eastern Conference final, the New York Rangers and Tampa Bay Lightning have taught hockey fans to expect the unexpected.

Two of the league's best offensive teams, they've played tight defensive games, had blowouts and even a barnburner. They have looked good at times, bad at others. They have shown skill and made ugly mistakes.

It's been an outstanding series that is coming down to a winner-take-all contest Friday night at Madison Square Garden, where the Presidents' Trophy-winning Rangers have won seven consecutive Game 7s dating to 1992.

Don't bother making a prediction. Every game has been different. Teams that seemingly have the momentum get beaten.

"It's just going to be one of those games where it's strap 'em up and play and let's see who comes out on top," Lightning coach Jon Cooper said.

THE ASSOCIATED PRESS

RECIPE Sliced Chicken with Mango Guacamole

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10 minutes
Cook time: 10 minutes

Ingredients
- 6 single boneless chicken breasts
- 1 cup mashed ripe avocado (1 large or two small)
- 3 Tbsp chopped cilantro
- 2 Tbsp reduced-fat mayonnaise
- 2 tsp finely chopped jalapeño pepper (or 1 tsp hot chili sauce)
- 1 tsp finely chopped garlic
- 4 tsp lemon or lime juice
- Salt and pepper
- 1/2 cup diced ripe mango
- 1/2 cup finely diced red bell pepper

Directions

1. Grill the chicken breasts, just until cooked or temperature reaches 160 F, approximately 10 minutes. Keep covered while preparing guacamole.

2. For guacamole, combine avocado, cilantro, mayonnaise, jalapeño, garlic, lemon juice and salt and pepper in a small bowl.

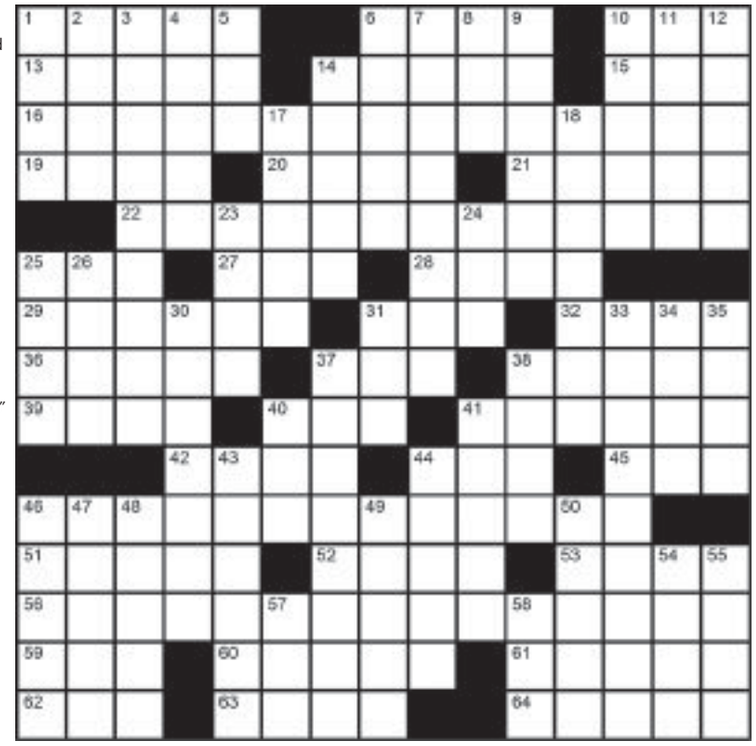
3. Slice each chicken breast on an angle, set on a serving plate, add guacamole down the centre and garnish with mango and red pepper.

Nutrition per serving (recipe serves 6)
- Calories 162
- Protein 26.4 g
- Carbohydrates 1.8 g
- Total fat 5 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Actress Cheryl, and surnamesakes
6. Seaport of Yemen
10. Musician's trophy, e.g.
13. Self-mover's rental
14. GNR hit: "Sweet Child _' _"
15. 13th Greek letters
16. Place for shoppers to hunt for deals: 2 wds.
19. Aleutian island
20. Woodworking wedge
21. "Sugar is sweet and _ _ you."
22. "The Littlest Hobo" theme song: 2 wds.
25. Leandro's beloved
27. Grad-to-be, briefly
28. Faux pas
29. Map's travel lines
31. Medicine watchdog in The States [acronym]
32. Agnus _ (Mass prayers)
36. Lay to rest
37. Headshakes
38. Bandleader Mr. Goodman
39. Madeline of comedies
40. Atop, in poetry
41. Steve of "The Office"
42. Unfeeling
44. "The Fresh Prince of _-Air"
45. 'Headache' in French, _ de tete
46. Moncton is Canada's first official one: 2 wds.
51. Broker
52. CCR tune
53. "Assuming that's true...": 2 wds.
56. Alberta/Montana: _-_ International Peace Park
59. Nero's 56
60. Desert visions
61. Canadian band, The _ MacNeils
62. Arrange
63. "_ _ I say, not..."
64. Beer mug

DOWN
1. Montreal-born songstress
2. At the drop of _ _ (Fast)
3. Locale on Halifax Harbour
4. French explorer in Canada, Pierre _ _ de Monts
5. Patty Hearst's kidnappers [acronym]
6. Scope
7. Charli XCX's current song collaboration with #18-Down
8. Nav. rank
9. Hollywood's Liam
10. Approaching, archaically
11. Canadian writer Alice
12. In _ _ (Upset)
14. "_ _ Majesty's Secret Service (1969)"
17. Paperback numbers
18. Record producer, Giorgio _ (Trivia! He produced most of Donna Summer's hits)
23. Flanders river
24. Onetime bird
25. Mr. Estrada
26. Minister of Health Ms. Ambrose
30. Start of a countdown...: 2 wds.
31. 'F' in FWIW
33. Shots from the other side: 2 wds.
34. "To Live and Die _ _-_" (1985)
35. Word segment [abbr.]
37. Strix _ (Great Gray Owl, fancy-style)
38. "Road to _" (1952)
40. Texter's "No! Way!"
41. Mr. B. DeMille
43. Pathless
44. Skyline components, for short
46. Wails
47. "_ _ already." (Reply to a donation request)
48. Rolling Stones album: '_ _ Bleed'
49. Top-notches
50. Certain CFL-er, curtly
54. Bandar _ Begawan (Brunei's capital)
55. Port city of Algeria
57. Universal principle
58. Stomach muscles, commonly

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A change in your social or professional standing is likely, but will it be a change for the better or a change for the worse? If you are offered something new but slightly scary ... go for it!

Taurus April 21 - May 21
You can turn a minor success into a major triumph today, simply by letting others help you complete what you started. Don't let pride of creation or ownership stop you from sharing your good ideas.

Gemini May 22 - June 21
Don't waste time worrying about something that is about as likely to happen as the Sun rising in the west. The planets warn you are wasting time and energy fretting.

Cancer June 22 - July 23
Try not to criticize a colleague for what goes wrong today, even if it is clearly their fault. Most likely they will feel even worse about it than you do, so let them know you don't blame them.

Leo July 24 - Aug. 23
Something you are working on may look complicated but actually it is really quite simple. Talk to someone who knows what they are doing in this area and before long you will be as big an expert as they are, maybe bigger.

Virgo Aug. 24 - Sept. 23
It never hurts to be careful but there is a fine line between caution and outright mistrust and if you cross that line today you may regret it.

Libra Sept. 24 - Oct. 23
You may be tempted to tackle ten things at once today so that you can begin to get on top of your workload again. Set yourself a sensible schedule and tackle just one thing at a time.

Scorpio Oct. 24 - Nov. 22
A colleague may tell you that a job has to be done a certain way but if your instincts tell you otherwise then trust yourself and do it your way. What's the worst that can happen?

Sagittarius Nov. 23 - Dec. 21
Don't commit yourself to anything too strenuous today. Save your energy — physical, mental and emotional — for tomorrow and over the weekend when difficult tasks will be easier to handle.

Capricorn Dec. 22 - Jan. 20
You may have to do something you don't particularly enjoy today but if you knuckle down and get on with it you should finish in good time. More importantly, of course, you must make a good job of it.

Aquarius Jan. 21 - Feb. 19
No matter what interesting events you have lined up for the day you will have to postpone at least one of them so you can help a friend or family member who desperately needs your assistance.

Pisces Feb. 20 - March 20
Don't try to hide your feelings today because others will see right through you. Being such a sensitive soul you are rarely able to disguise your true emotions.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Difficulty Level ★

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